



# ESSKA Advanced Knee Arthroscopy Course

## ALL about Knee Ligaments

**25-26 October 2018** in Watford, United Kingdom



The ESSKA Advanced Knee Arthroscopy Course is designed to provide certified Orthopaedic Surgeons thorough didactic and practical training in challenging disorders of the knee from renowned ESSKA Faculty using state of the art surgical facilities.

## ESSKA Faculty



**Prof. Mustafa KARAHAN**  
*Course Chairman*  
Acibadem Mehmet Ali  
Aydinlar University  
Department of Orthopaedics  
*Istanbul, Turkey*



**Ass. Dr Vladan STEVANOVIC**  
Institute for Orthopaedic  
Surgery Banjica  
School of Medicine,  
University of Belgrade  
*Belgrade, Serbia*



**Pr. Dr Med. Jacques MENETREY**  
Hirslanden PrivateHospital  
Group – Centre de Médecine  
du Sport et de l'Exercice  
*Geneva, Switzerland*



**Dr Urszula ZDANOWICZ**  
Chief of Scientific Department  
Carolina Medical Centre  
*Warsaw, Poland*



**Dr Hélder PEREIRA**  
Vila do Conde Hospital Centre  
Ripoll y De Prado Sports Clinic  
FIFA Medical Center  
*Povoa de Varzim, Portugal*



**Dr Petri SILLANPÄÄ**  
Chief Orthopedic Surgeon,  
Specialist Knee Surgeon  
Adult & Children – Pihlajalinna  
Koskisairaala Hospital  
*Tampere, Finland*

## Course objectives

- understand the decision-making process involved in choosing the appropriate surgical approach in challenging disorders of the knee
- observe and practise the state of the art surgical technique
- be able to discuss the management of disorders with the ESSKA Faculty dedicated to training

# Programme

## Thursday, 25 October

Start	End		
07:45	08:00	Welcome and Introduction	<i>J. Menetrey</i>
08:00	08:15	Pre-course Assessment (MCQ)	<i>M. Karahan</i>
08:15	08:30	ACL + PCL + ALL Management Algorithm by Case Presentation	<i>V. Stevanovic</i>
08:30	08:45	Graft Harvest Techniques (Hamstring + Quadriceps + Patellar Tendon + Allograft)	<i>H. Pereira</i>
08:45	09:00	Anatomic ACL Reconstruction Technique	<i>U. Zdanowicz</i>
09:00	09:15	Techniques of Extra-articular Rotational Control of the Knee	<i>H. Pereira</i>
09:15	09:30	Arthroscopic PCL Reconstruction Technique	<i>V. Stevanovic</i>
09:30	09:45	Coffee break	
09:45	12:15	Lab time on ACL + PCL Reconstruction	<i>U. Zdanowicz</i>
12:15	12:30	Discussion on ACL / PCL / ALL Reconstruction	<i>U. Zdanowicz</i>
12:30	13:00	Lunch	
13:00	13:15	Posteromedial Corner Primary Repair	<i>J. Menetrey</i>
13:15	13:30	Posteromedial Corner Reconstruction	<i>M. Karahan</i>
13:30	14:30	Lab Time on Posteromedial Corner	<i>M. Karahan</i>
14:30	14:45	Discussion on Posteromedial Corner	<i>M. Karahan</i>
14:45	15:00	Patellar Instability Management Algorithm	<i>M. Karahan</i>
15:00	15:15	MPFL Reconstruction Technique	<i>P. Sillanpää</i>
15:15	15:30	Distal Realignment Technique	<i>P. Sillanpää</i>

## Friday, 26 October

Start	End		
07:45	08:00	Posterolateral Corner - Primary Repair Technique	<i>J. Menetrey</i>
08:00	08:15	Posterolateral Corner Reconstruction Technique	<i>U. Zdanowicz</i>
08:15	10:00	Lab time on Patellofemoral Reconstruction Techniques	<i>P. Sillanpää</i>
10:00	11:45	Lab time on Posterolateral Corner Reconstruction	<i>J. Menetrey</i>
11:45	12:00	Discussion on Patellofemoral Instability and Posterolateral Techniques	<i>J. Menetrey</i>
12:00	12:15	Post-course Assessment (MCQ)	<i>M. Karahan</i>
12:15	12:30	Closure and Meeting Evaluation	<i>M. Karahan</i>
12:30	13:00	Lunch	

## Course Venue

### **Smith & Nephew Expert Connect Centre**

Croxley Green Business  
Park Building 5, Hatters Lane  
Watford, WD18 8YE  
United Kingdom

Phone: +44 (0) 1923 477100

## Transfers

Nearest airports are:

**London Luton Airport:** 30 minutes by car

**London Heathrow Airport:** 45 minutes by car

Ground transportation to and from London  
Luton and Heathrow Airport will be arranged

## Hotel Information

### **Holiday Inn London - Watford Junction**

65-67 Clarendon Road,  
Watford, WD17 1DS  
United Kingdom

Phone: +44 (0) 44 1923 227274

## Other details

**Course Language:** English

**Dress Code:** Business casual

**Registration Fee: 500€** (upon selection)

ESSKA covers the following for selected candidates:

- travel reimbursement up to 350€
- all transfers in the United Kingdom
- accommodation - 2 nights\*
- lunches and dinner

\* Accommodation for the nights of 24 and 25 October is included in the registration fee.  
Please request an additional night (26 October) at a discounted rate if you require one.  
You will need to arrange payment for the additional night directly with the hotel or upon departure.



## Contact Information

Course information, registration  
and general queries

### **ESSKA**

Joseph Ramesh  
Education Coordinator, Luxembourg  
Email: [courses@esska.org](mailto:courses@esska.org)  
Phone: +352 4411 7027

Logistics - Transfer Bookings  
and on-site queries

### **On-site Contact**

Nicola Falconer  
Event Coordinator, Watford, UK  
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